<u>In the Abstract</u>:

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ABSTRACT

--It is an object of the present invention to provide an insert (1) suitable for being placed in a wall, ceiling or other element wherein an electrical installation means such as a lamp socket or the like may be fitted. Ventilation means (6) are provided inside the insert (1) such that an air current may be created and further that the air current may be led past the electrical installation (15), such that the overall heat accumulation inside the device may be drastically reduced.--